



### Self Care for You and Your Family

Keep these items at home in advance of an outbreak of flu in case you have to stay at home while you or a loved one are ill.

#### FOOD & DRINK ITEMS

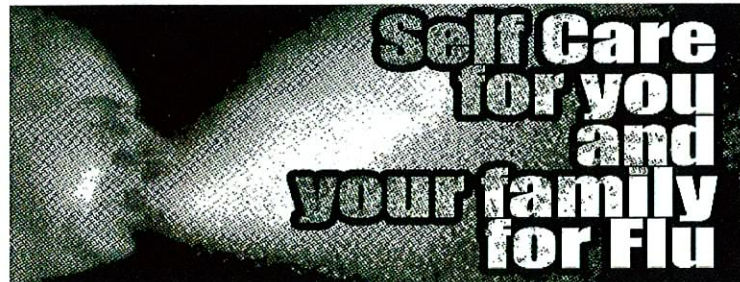
- ☐ Canned or boxed Soup
- ☐ Canned Fish & Meats
- ☐ Canned Fruits & Vegetables
- ☐ Rice, Pasta, Grains & Staples (sugar, condiments)
- ☐ Canned or boxed juice & non-perishable milk
- ☐ Peanut butter & Jelly
- ☐ Bread (freeze until needed) & crackers
- ☐ Instant coffee/tea/powdered drinks
- ☐ Baby food, diapers, infant formula, baby wipes
- ☐ Sports drinks & fluids to prevent dehydration
- ☐ Pet food and supplies

#### HEALTH & FIRST AID ITEMS

- ☐ Prescription items. *Antibiotics are no help against the flu.*
- ☐ Over-the-counter pain and fever reducers.  
**Do not give aspirin to children & teenagers for flu; this can cause a rare but serious illness called Reye's Syndrome.** Consult your pharmacist or health care provider for appropriate medications
- ☐ Anti-Diarrhea medicines
- ☐ Cough medicines & throat lozenges
- ☐ Thermometer & First Aid Kit
- ☐ Face masks for care-giver
- ☐ Disposable latex or nitrile gloves for handling tissues or body fluids
- ☐ Soap & alcohol-based sanitizer & wipes
- ☐ Tissue, toilet paper, paper towel
- ☐ Disposable cups for bathroom & kitchen
- ☐ Comfort Items-special items for children including age appropriate toys

#### PREVENT THE SPREAD

- ✓ **GET A FLU SHOT WHEN AVAILABLE**
- ✓ **COVER COUGHS AND SNEEZES WITH A TISSUE**
- ✓ **WASH HANDS OFTEN WITH SOAP OR ALCOHOL HAND SANITIZER**
- ✓ **CHILDREN & ADULTS SHOULD STAY HOME WHEN ILL**



Flu is a highly contagious virus that spreads easily from person to person and can cause serious illness or death. Flu spreads by respiratory droplets of coughs and sneezes.

If you or your family members get the flu:

- Check with your health care provider about any special care you may need—especially if you are pregnant or have a chronic health condition such as diabetes, heart disease or asthma.
- Stay home from school or work until you have been symptom free for at least 24 hours. Get plenty of rest.
- Drink clear fluids; water, broth, sports drinks and electrolyte beverages for infants. Also try ice chips, fruit juices, tea, frozen popsicles and other clear liquids.
- Disinfect objects frequently touched (countertops, door handles, telephone, remote control, toys).
- Only one adult should care for a sick person. Keep family members away from sick person and do not allow any visitors—a phone call is safer than a visit. Sick person should be in a separate room with the door closed.
- Check bathroom so personal items are not stored touching each other (toothbrushes, etc). Wash hands often, using paper towels or separate cloth towel for each family member.
- Maintain good ventilation—keeping windows open where appropriate.
- If a visit for medical care is necessary, call ahead to your provider and the sick person should wear a surgical mask, if available.

Seek emergency medical care for

- difficulty breathing or chest pain
- purple or blue discoloration of the lips
- excessive vomiting
- signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- seizures or less responsive than normal or confused



For More Information, please consult  
Florida Department of Health at  
[www.floridashealth.com](http://www.floridashealth.com)



Palm Beach County Health Department at  
[www.pbchd.com](http://www.pbchd.com)

The Centers for Disease Control and Prevention at  
[www.cdc.gov](http://www.cdc.gov)

or your local health care provider